

Radiogram No. 4868u

Form 24 for 12.17.02

Med Ops

GMT	CREW	ACTIVITY
06:00–06:10		Morning inspection
06:10–06:20	CDR	Calf measurement
	FE-1	MO-8: setup
06:10–06:25	FE-2	Post-sleep
06:20–06:40	FE-1	
06:20–06:35	CDR	Body mass measurement
06:25–06:35	FE-2	Calf measurement
06:35–06:50		Body mass measurement
06:35–07:05	CDR	Post-sleep
06:40–06:50	FE-1	Calf measurement
06:50–07:05		Body mass measurement
	FE-2	Post-sleep
07:05–07:55	CDR, FE-2	BREAKFAST
07:05–07:15	FE-1	MO-8: closeout ops
07:15–07:25		Post-sleep
07:25–08:15		BREAKFAST
07:55–08:25	CDR, FE-2	Prep for work
08:15–08:25	FE-1	
08:25–08:40		Daily planning conference (<i>S-band</i>)
08:40–09:00	FE-1	Prep for work
08:40–09:10	CDR	ZCG furnace activation
08:40–08:55	FE-2	FMK ops
08:55–10:25		Physical exercise (RED)
09:05–09:20	FE-1	Private medical conference (<i>VHF</i>)
09:10–10:10	CDR	Physical exercise (CEVIS)
09:20–10:50	FE-1	Physical exercise (TVIS-1)
10:25–11:00	FE-2	IMS file prep
10:25–10:35	CDR	ZCG furnace heater activation
10:35–10:45		ZCG functional test
10:45–12:15		Physical exercise (RED)
10:50–12:20	FE-1	KURS-P ring test: procedure review. Tagup w/ ground specialists (<i>S-band</i>)
11:00–11:15	FE-2	Private medical conference (<i>S-band</i>)
11:20–12:20		Physical exercise (TVIS)
12:15–12:25	CDR	ZCG furnace operation monitor
12:20–12:25	FE-2	Weekly maintenance of TVIS
12:20–12:25	FE-1	Inspection of БРПК separator
12:25–13:25		LUNCH
13:25–13:40	CDR	Private medical conference (<i>S-band</i>)
13:25–14:55	FE-1	Prep for KURS-P ring test. Tagup w/ ground specialists (<i>S-band</i>)

13:25–13:35	FE-2	CAMCORDER test
13:35–14:50		LAB1D3 WORF prep
13:50–14:00	CDR	ZCG furnace operation monitor
14:00–14:40		Maintenance of COЖ
14:50–15:00	FE-2	Setup for PAO event
15:00–15:10		Prep for PAO event
15:10–15:30		PAO educational event: aerospace schools (<i>KU+S-band</i>)
15:30–15:45		Daily plan review
15:45–16:15		Prep for work
16:15–16:30		Daily planning conference (<i>S-band</i>)
16:30–17:00		DINNER
17:00–17:30		Daily food prep
17:30–18:30		Pre-sleep
18:30–02:50		SLEEP

Note: See OSTP for references to US procedures

End of radiogram